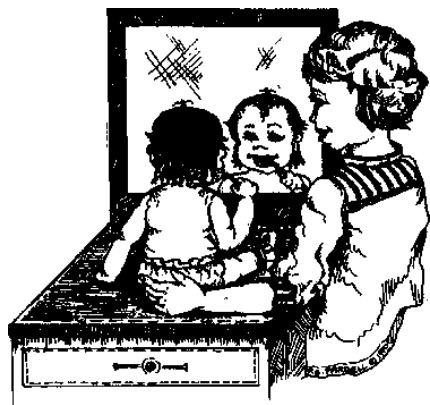


Dental



- ☐ Put your baby to bed without a bottle. Instead, give your baby a favorite toy, blanket, or clean pacifier at nap or bedtime.
- ☐ Wipe your baby's teeth and gums gently with a child's soft toothbrush or clean washcloth each day.
- ☐ Look at your baby's teeth each day as you clean them. Call your dentist if you see white, brown, or black spots.
- ☐ Never tie a pacifier around your baby's neck. Do not dip pacifier in honey or anything sweet.
- ☐ Sugar water, soda, sweetened drinks or fruit juice in the bottle can cause tooth decay.
- ☐ Ask your doctor or dentist about fluoride for your baby's teeth.
- ☐ Store fluoride out of your baby's reach.

Nutrition

- ☐ Feed your baby breastmilk or formula with iron. Help your baby give up the bottle by 12 - 14 months.
- ☐ Use a small cup or a training cup for plain water or fruit juice.
- ☐ Give your baby 3 iron-rich meals a day.
- ☐ Give infant cereals, mashed or finely chopped meat or beans by spoon. Baby can feed self finger foods and soft fruits.
- ☐ Let your baby decide how much and how fast to eat.
- ☐ Do not add salt or sugar to solid food.
- ☐ Babies can choke on:

popcorn	peanuts
seeds	nuts
grapes	gum
peanut butter	raw vegetables
raisins, dried fruit	meat sticks
hot dogs	candy
- ☐ Honey or corn syrup can make your baby very sick.
- ☐ Do not give baby desserts.

10 - 12 Months

Growing Up Healthy



Name: _____

Height: _____ Weight: _____

Today's Date: _____

Next Appointment:

Date: _____ Time: _____

Keep emergency numbers handy:



Police, fire, ambulance: Call 911

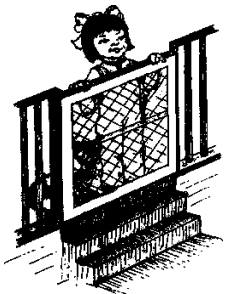
Poison Control Number: 1-800-876-4766

- *Learn Infant CPR*
- *Put smoke alarms in hallways and every bedroom, check every 6 months.*
- *Have a carbon monoxide alarm.*



Health and Safety

- ❑ Never leave your baby alone in the tub, pool or near a bucket of water. Have a fence around pool/spa.
- ❑ Use an infant car seat for every ride.
- ❑ Buckle infant car seat in the back seat.
- ❑ Never put your baby or children in the front seat if there is an airbag.
- ❑ Put baby to sleep on the back, not the side or stomach. No pillows in bed.
- ❑ Keep crib away from windows, drapes, cords and blinds. Remove crib toys.
- ❑ Keep small objects, unsafe toys, plastic bags and balloons away from your baby.
- ❑ Turn water heater to less than 120°.
- ❑ Keep baby away from hot things.
- ❑ Test formula and food temperature.
- ❑ Childproof your home. Cover electrical outlets with safety plugs. Check cabinets, drawers and toilet lids.



Parenting Tips

Your baby is special. Pick up, hold, love, cuddle and talk to your baby.

What to Expect

- ❑ Your baby learns quickly when you teach by gently showing and not by punishing.
- ❑ Your baby may shy away from new faces and people and be afraid of strangers.
- ❑ Your baby may be able to:
 - Stand when holding on to the couch or chair
 - Say “ma-ma” and “da-da”
 - Get into a sitting position
 - Bang together 2 objects held in hands
 - Copy speech and sounds
 - Poke fingers into tiny openings

What You Can Do

- ❑ Give toys that move such as large balls, rolling toys.
- ❑ Give empty boxes to play with.
- ❑ Let your baby crawl to have strong legs and arms.
- ❑ Baby should wear soft shoes.
- ❑ Take your baby for walks. Your baby will love the outdoors.
- ❑ Help your baby learn to talk. Name parts of the body and things your baby sees.
- ❑ Read a story or sing a favorite song to make bedtime easier.

If you find yourself about to hit, shake or harm your baby, call a “Hot Line” or a friend for help.

10 - 12 Months

Health and Safety

- ❑ Take your baby for regular health exams and vaccines (shots).
- ❑ Do not pick up your baby by the arms.
- ❑ Never shake, toss or swing your baby in the air in anger or even in a playful way.
- ❑ Do not use an infant walker or hanging jumper; they may cause injuries.
- ❑ Use stair gates and window guards.
- ❑ Never leave your baby alone or with a stranger.
- ❑ Label and lock up pills, iron pills, medicines, and poisons.
- ❑ Keep your baby’s skin, hair, body, clothes and bedding clean.
- ❑ Wash your hands with soap and water before and after changing diapers.
- ❑ Wash your baby’s hands before and after each meal.
- ❑ Keep your baby away from loud noises.
 - Loud noises can damage your baby’s hearing.
 - A noise is too loud if you have to raise your voice to talk to someone only 3 feet away.
- ❑ Keep your baby away from tobacco smoke. Stop all tobacco use.
- ❑ Have your baby's blood tested for lead.